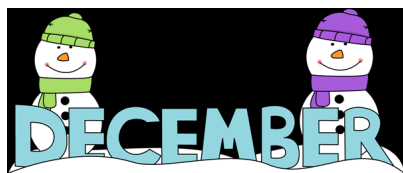


All












TOWNSHIP of OCEAN MUNICIPAL ALLIANCE SENIOR EXERCISE & SOCIAL CALENDAR

Programs are held in the Waretown Community Center 239 11th St

For more information call Jeanne 609-548-6319 or email recreation@twpoceannj.gov

RSVP requested for All speakers programs: PIZZA & BINGO / WED. WELLNESS / RWJ BARNABAS HEALTHCARE SPEAKERS BUREAU

Sponsored in part by a grant from GCADA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2nd WEDS. of each month BINGO & PIZZA COMPLIMENTS OF COMPLETE CARE AT THE HAVENS, TOMS RIVER	3rd THUR. of each month BINGO & PIZZA COMPLIMENTS OF BARNEGAT REHAB & NURSING CENTER	WEDNESDAY 12-1-21 OC Senior Services Lunch & Learn "NUTRITION" Jennifer Collins, Nutritionist Brown Bag Event at 12pm 	1 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 12 CARDS / GAMES 12 LUNCH N LEARN 7P MAH JONGG	2 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG COMMUNITY MEDICAL SPEAKER 11 Sit n Be fit	3 Township Tree Lighting SUNDAES with Santa/ Snowman/Grinch 6pm 	4 
5	6 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 	7 930 JAZZERCISE 930 FOREVER YOUNG 12PM MAH JONGG	8 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT 12 PIZZA & BINGO 7P MAH JONGG	9 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be fit	10	11 
12 Tomorrow Senior Advisory Meeting 1130 am Luncheon meeting 	13 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 1130 BRAVEN HEALTH TRIVIA GAME SHOW	14 930 JAZZERCISE 930 FOREVER YOUNG 12PM MAH JONGG	15 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 12 CARDS / GAMES 7P MAH JONGG	16 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be fit 12 PIZZA & BINGO Barnegat Rehab & Nursing	17	18 
19	20 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES	21 930 JAZZERCISE 930 FOREVER YOUNG 12PM MAH JONGG	22 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 12 CARDS / GAMES 7P MAH JONGG	23	24 TOWNSHIP OFFICES CLOSE AT NOON	25 
26	27	28	29	30	31 	it doesn't get more local 